

Health & Wellness Workshops

We are committed to improving the health and wellness of older adults in Milwaukee County. Together with our community partners, we offer wellness and prevention programs that promote healthy aging in areas including caregiving, chronic conditions, falls prevention and physical activity.

SIGN UP FOR A WORKSHOP NEAR YOU!

- ♦ **Boost Your Brain & Memory**: Mondays, 3/27/23-5/15/23, 10:00-11:30am **Location**: online **To register call: 414-289-5792 Cost: Free**
- ♦ **Healthy Living with Diabetes**: Tuesdays, 3/28/23-5/2/23, 1:00-2:00pm **Location**: Telephone Conference **To register call: 414-289-6352 Cost: Free**
- ♦ **Mind Over Matter**: Wednesdays, 4/19/23, 5/3/23 & 5/17/23, 2:00-4:00pm **Location**: Greenfield Community Center, 7215 W Coldspring Rd, Greenfield **To register call: 414-329-5371 Cost: \$20**
- ♦ **Stand Up & Move More**: Thursdays, 4/20/23-5/11/23 (Booster Class-6/8/23), 1-3pm **Location**: Oak Creek Civic Center, 8040 S 6th St, Oak Creek **To register call: 414-766-7961 Cost: \$10**
- ♦ **Stand Up & Move More**: Wednesdays, 6/7/23-7/5/23 (No class 6/28, Booster Class-7/26/23), 1:30-3:30pm **Location**: Franklin Meadows Senior Apartments, 7704 S 51st St, Franklin **To register call: 414-427-7535 Cost: Free**
- ♦ **Stepping On**: Tuesdays, 4/4/23-5/16/23, 9:00-11:00am **Location**: South Milwaukee City Hall, 2424 15th Ave, South Milwaukee **To register call: 414-768-8055 Cost: \$20**
- ♦ **Stepping On**: Wednesdays, 4/5/23-5/17/23, 1:00-3:00am **Location**: Oak Creek City Hall, 8040 S 6th St, Oak Creek **To register call: 414-766-7950 Cost: \$10**
- ♦ **Stepping On**: Tuesdays, 4/11/23-5/23/23, 1:00-3:00pm **Location**: Aurora St. Luke's South Shore, 5900 S Lake Dr, Cudahy **To register call: 414-489-4072 Cost: Free**
- ♦ **Stepping On**: Thursdays, 4/13/23-5/25/23, 9:30-11:30am **Location**: Franklin City Hall, 9229 W Loomis Rd, Franklin **To register call: 414-427-7535 Cost: \$10**
- ♦ **Stepping On**: Tuesdays, 4/26/23-6/7/23, 10:00am-12:00pm **Location**: Aurora West Allis Medical Center, 8901 W Lincoln Ave **To register call: 414-328-6633 Cost: Free**
- ♦ **Stepping On**: Thursdays, 5/25/23-7/6/23, 1:30-3:30pm **Location**: Aurora Research Institute, 960 N 12th St, Milwaukee **To register call: 414-219-5241 Cost: Free**

For information on other program offerings visit: county.milwaukee.gov/aging



MILWAUKEE COUNTY
DEPARTMENT OF HEALTH
& HUMAN SERVICES
**AGING & DISABILITIES
SERVICES**

